

DIABETES PREVENTION PROGRAM CLASSES

The Hockomock Area YMCA and Foxborough Council on Aging and Human Services will be partnering to facilitate a Diabetes Prevention Program. Caitlin Gibbs, YMCA Director of Health Innovation, will be holding an informational session at the senior center on Thursday, December 29th from 11 a.m. to 12:00. She will talk about this life changing series of classes being offered to help prevent the onset of type 2 diabetes. People with prediabetes are at high risk of developing type 2 diabetes, heart disease and stroke. This program will help all participants learn their risk and take action to delay or prevent this devastating disease. Understanding your risk is the first step in preventing diabetes. If you're interested in learning more about this exciting new program that we will be rolling in in January, you are encouraged to join us at the informational session on Thursday, December 29th at 11:00 a.m. Lunch will be provided to all who attend. Space is limited. You **must** sign up for this informational session by calling the senior center at 508-543-1234 no later than Thursday, December 22nd.

Monday, December 12

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 12:00 Noon

Meditation and Relaxation 1:00 p.m.

Stop & Shop 1:00 p.m.

Tuesday, December 13

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “The Maltese Falcon”

Talespinners 2:00 p.m.

Wednesday, December 14

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Job Lot / Dollar Store 1:00 p.m.

Colorist Club 2:00 p.m.

Yule Log Creation Program 3:30 p.m.

Thursday, December 15

SHINE by appointment 10:00 a.m.

Senior Center Holiday Party 1:00 p.m.

NO Low Vision Group today

Friday, December 16

Stop & Shop 8:30 a.m.

Aerobics Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Scrapbooking & Card Making Class 10:30 a.m.

CONCERT AND SING-ALONG WITH OUR SERENADING SENIORS

Come join us at the senior center for a special concert and “Sing-Along” with our own Serenading Seniors Chorus on Thursday, December 22nd from 10:00 to 11:00 a.m. The chorus will be singing for us, so be prepared to tap your feet and get into the spirit of the day. You’ll even have the chance to do some singing along with them. Light refreshments will be served. Please sign up in advance by calling the senior center at 508-543-1234 and we’ll save you a seat.

SENIOR CENTER HOLIDAY PARTY

The holiday season is here, so come join us at the senior center on Thursday, December 15th from 1:00 to 3:00 p.m. as we gather for our Annual Holiday Party at the Senior Center. Get into the holiday spirit as we enjoy a special time together filled with sweet treats to eat, music and lots of fun. Our musical entertainment for this afternoon will be provided by Gary Leanues. Sing along, tap your feet or just sit back and get into the spirit. The price of admission is the donation of a canned or boxed food item(s) for the Foxborough Food Pantry, or a donation to the Foxborough Discretionary Fund. During this upcoming holiday season, the Food Pantry has listed the following items as suggested donations: bottled juice, toilet paper, canned beef stew and instant oatmeal. Seating is limited. If you’d like to join us for this festive event, please call the senior center at 508-543-1234 to sign up.

YULE LOG FLORAL ARRANGING CLASS WITH BARBARA

In keeping with the holiday season, Barbara Mulford will be at the senior center to lead us in a Yule Log Floral Arranging Class on Wednesday, December 14th from 3:30 to 5:00 p.m. The Yule Log is a real birch log that is mounted on a stand, and we will be decorating it with holiday greens, a bow and a battery-operated votive candle. Join us as we create this beautiful holiday decoration. The cost for materials for the Yule Log is \$15 per person. Class size is limited, so please call the senior center at 508-543-1234 and we’ll save you a seat.

LECTURE BY AUTHOR AND JOURNALIST ALISON O’LEARY

On Wednesday, December 21st, at 4:30 p.m., Author Alison O’Leary will be at the senior center to talk about the novel she co-wrote with Michael Tougias titled “So Close to Home: The True Story of an American Family’s Fight for Survival During World War II.” On May 19, 1942, a U-boat in the Gulf of Mexico stalked its prey fifty miles from New Orleans. The submarine set its sights on the freighter Heredia, with 62 people on board. Most of those on board the Heredia were merchant seamen, but there were also a handful of civilians, including the Downs family: Ray, Ina and their two children. Fast asleep in their berths, the Downs family had no idea that two torpedoes were heading their way. When the ship exploded, chaos ensued and each had to find his own path to survival. Join us as Alison presents this story with dramatic images in a multimedia event that will educate and inspire. Please call the senior center at 508-543-1234 to sign up in advance.

LOW VISION SUPPORT GROUP – AUDIO-DESCRIBED MOVIE

The Low Vision Support Group will NOT be meeting on their usual 3rd Thursday for the month of December but on Thursday, December 22 at 1:00 they will meet to view the audio-described movie “The Finest Hours.” Described videos provide narration of a program’s key visual elements, such as characters’ actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to full understand the film through listening. This program is open to everyone, so come and enjoy the audio-described movie experience with the Low Vision Support Group. “The Finest Hours” is based on the true story of the greatest small boat rescue in Coast Guard History. It is a tale of courage, loyalty and honor in the face of overwhelming odds. Please call the senior center at 508-543-1234 to sign up if you’d like to join us.

GREETING CARD-MAKING AND SCRAPBOOKING CLASS

There is nothing more thoughtful than a handmade gift. Consider sending some hand-made holiday cards to your family and friends during this upcoming holiday season. If you’d like to learn the art of creating hand-crafted greeting cards, or if you’ve been creating your own cards and would like to socialize with friends as you work on your projects, come join us at our Greeting Card Making Class on Friday mornings at 10:30 a.m. If you’d like to try something new, the Greeting Card-Making Class also includes learning the art of

Scrapbooking. If you're interested in scrapbooking or would like to learn how to get started, come join us. Bring in your own photos and photo album to class. Other embellishments and supplies will be provided. These personally designed scrapbooks would make great gifts! Our volunteer instructor, Helen Rice, teaches both card-making and scrapbooking at every class. Try one of both of these creative crafts!

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, December 20th from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

CLASSIC MOVIE DAY

Classic Movie Day for the month of December is scheduled for Tuesday, December 13th at 12:30 p.m. and our featured film will be "The Maltese Falcon." Detective Sam Spade (Humphrey Bogart) gets more than he bargained for when he takes a case brought to him by a beautiful but secretive woman (Mary Astor). As soon as Miss Wonderly shows up, trouble follows as Sam's partner is murdered and Sam is accosted by a man (Peter Lorre) demanding he locate a valuable statuette. Sam, entangled in a dangerous web of crime and intrigue, soon realizes he must find the one thing they all seem to want – the bejeweled Maltese Falcon. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, December 28th we'll be enjoying our menu of Roast Pork with Gravy, Whipped Potatoes, Winter Squash, Roll and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Tuesday, December 27th to make your reservation and to arrange for transportation, if needed.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On December 14 & 15 the featured program will be "The Men's Cookout with Veterans' Agent Mike Johns." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, December 13th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information

counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for December 15th. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up an appointment.

REGULARLY SCHEDULED

EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

ZUMBA GOLD CLASSES

It's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

SHOPPING

We will be going to Stop & Shop on Mondays at 1:00 and on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride. The following is a list of other shopping trips and outings we have planned.

December 14 – Job Lot/Dollar Store

December 21 - Walmart

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item.

Monday, December 12

Spinach Fontina Sausage 470
Alfredo Pasta 116
Peppers & Onions 3
Sub Roll 162
Mixed Fruit 10
Sodium 761
Calories 368

Tuesday, December 13

Portuguese Chicken 420
Rice Pilaf 134
Cabbage & Carrots 47
Whole wheat Bread 160
Rice Pudding 160
Sodium 921
Calories 418

Wednesday, December 14

Veggie Frittata 290
Cheese Sauce 66
Hash Browns 136
Broccoli & Cauliflower 15
Fruit Muffin 160
Apple 2
Sodium 669
Calories 521

Thursday, December 15

Roast Turkey 360
With Gravy 70
Cranberry Sauce 16
Whipped Potato 62
Winter Squash 13
Multigrain Bread 190
Almond Cookie 290
Sodium 1001
Calories 662

Friday, December 16

Beef & Cabbage Casserole 300
Mixed Vegetables 41
Dinner Roll 160
Pears 4
Sodium 505
Calories 293